



# 14 Day Challenge



This is my 14 Day Challenge. I will focus on \_\_\_\_\_  
\_\_\_\_\_ every day for 14 days.

I will succeed some days, and others I will not. I will forgive and love myself despite my shortcomings.

I will be honest with myself, ticking the days I complete the challenge and crossing the days I don't.

I will not punish myself for the days I do not complete. I will practice self-love regardless.

I will grow and improve as a result of the challenge, no matter how many ticks and crosses are present.

I am worth this and I love myself.

Now go complete this challenge—You've got this!

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14

I managed to complete this challenge on \_\_\_\_/14 days.

This is a good result. It's a good benchmark shall I decide to try this challenge again.

I have grown as a result of this challenge and I love myself

